

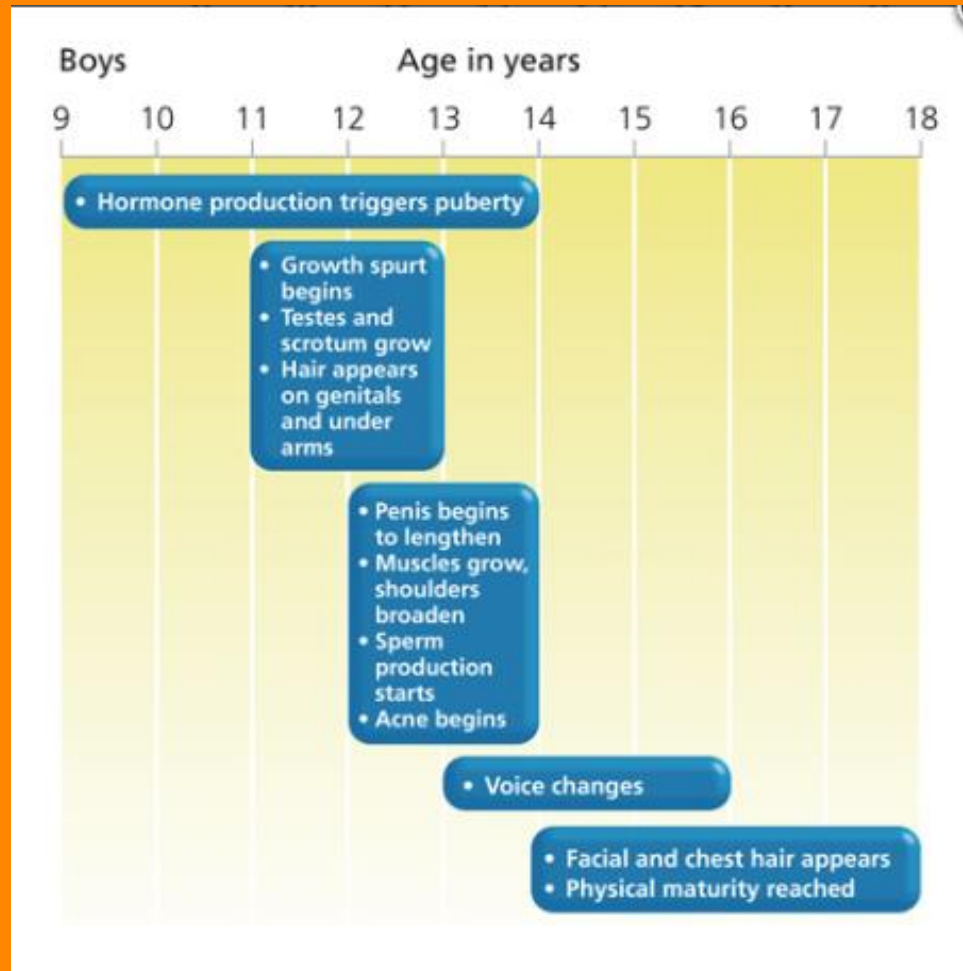
TODAYS LESSON

Title: Understanding the physical development that occurs during youth

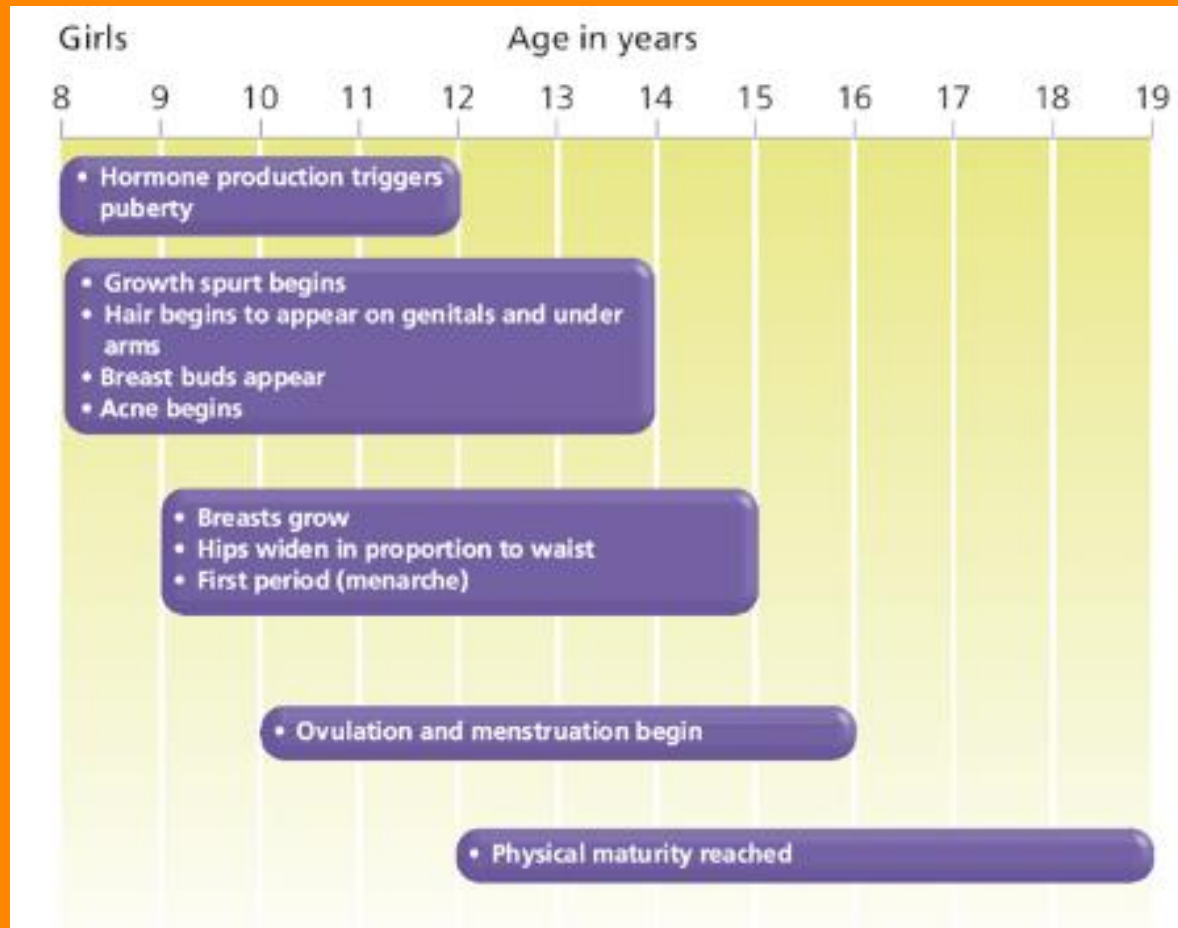
Success Criteria:

- I can identify the characteristics of Physical Health

BOYS



GIRLS



HORMONES

The youth stage of the lifespan is a time of rapid physical development that commences at puberty. Puberty is triggered by hormones released in the pituitary gland (in the brain) and causes many changes in the body.

ENDOCRINE SYSTEM



ACTIVITY

Using all the information you just learnt and pg 35 of your textbook

Complete activity 2.2 on Puberty pg. 36

Homework:

Activity 2.3 pg. 37 of textbook due next lesson

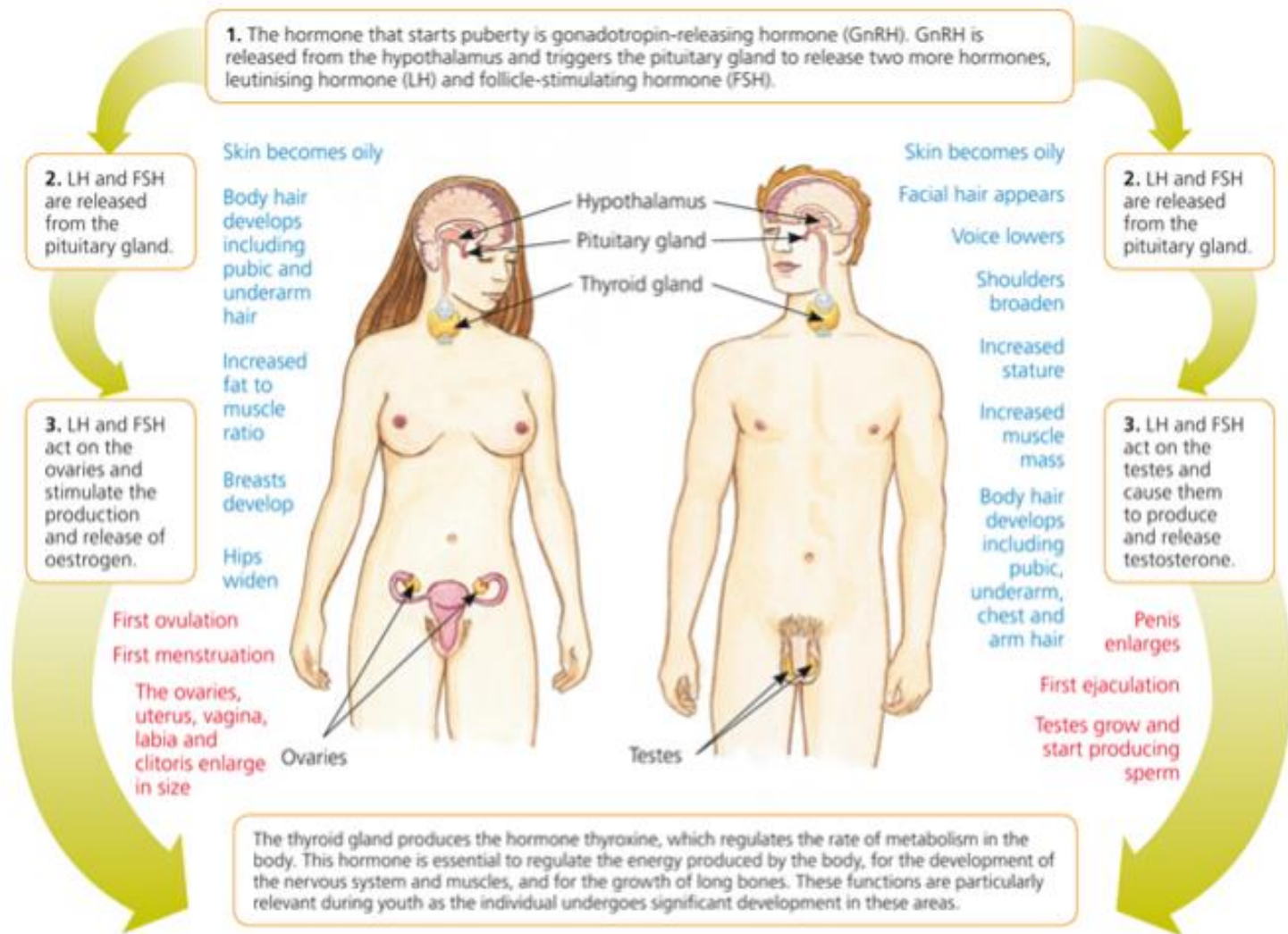
PRIMARY AND SECONDARY SEX CHARACTERISTICS

Some important changes that occur for both males and females include the development of primary and secondary sex characteristics, an increase in the rate of growth, and a refinement of gross and fine motor skills.

PRIMARY CHARACTERISTICS

Primary sex characteristics are body parts that are directly involved in reproduction.

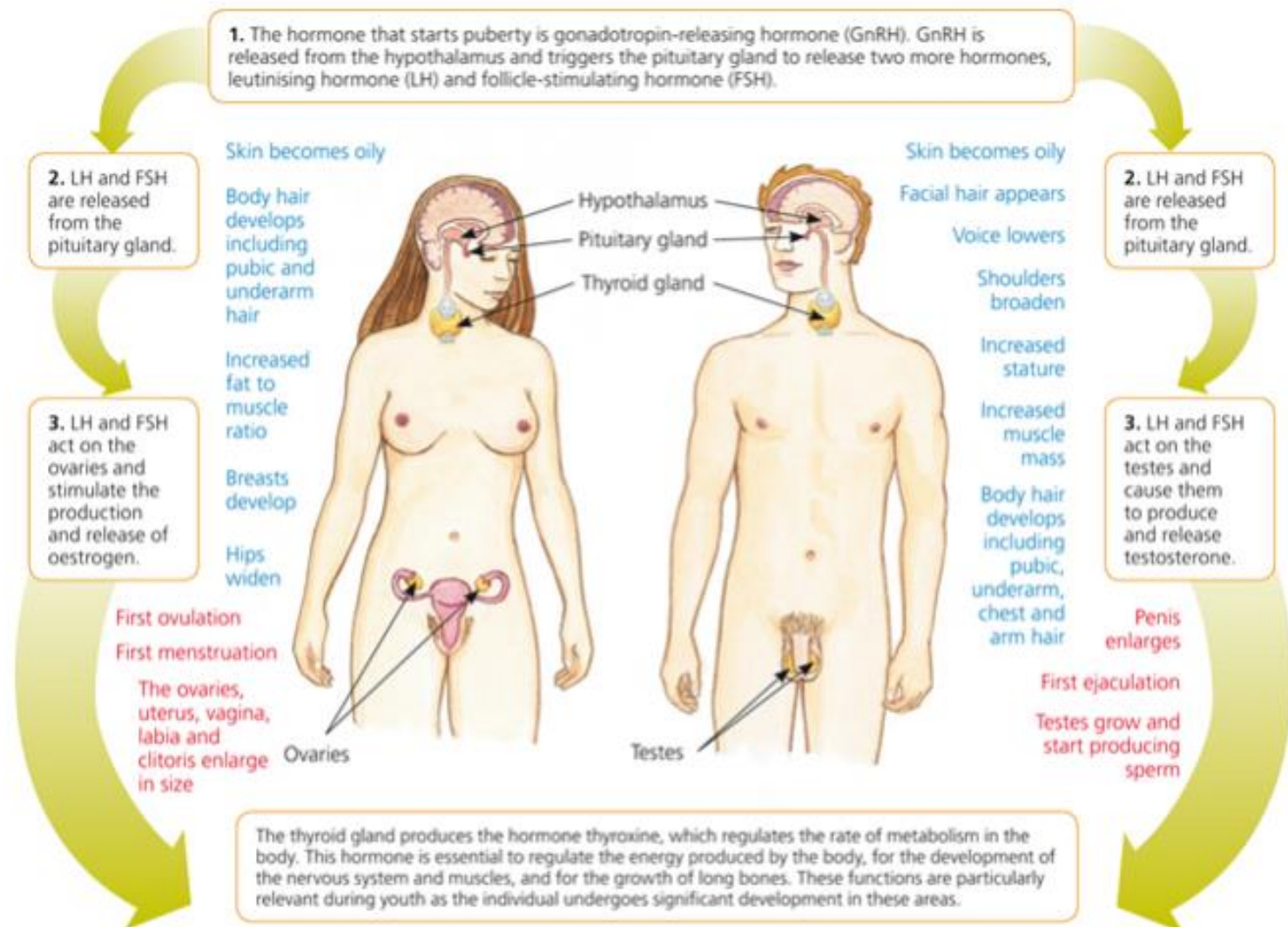
During puberty, changes occur to the organs of reproduction commonly referred to as the 'genitals'. Although present at birth, these organs only develop and become fully functional during puberty. The primary sex characteristics that develop for males and females during puberty are shown in red.



SECONDARY CHARACTERISTICS

Secondary sex characteristics arise from changes that occur to both males and females but are not directly related to reproduction and are not present at birth.

Examples of secondary sex characteristics for males and females are. shown in blue



ACTIVITY

- **Complete Physical Development during Youth worksheet**
- **You will be required to present your findings in a two minute presentation at the start of our next session for your last question**

TODAYS LESSON

Title: Understanding the social, emotional and intellectual development that occurs during youth

Success Criteria:

- I can identify the characteristics of social, emotional and intellectual development of youth

‘When I was a boy of 14, my father was so ignorant I could hardly stand to have the old man around. But when I got to be 21, I was astonished at how much he had learnt in seven years.’

What do you think this quote (by American author Mark Twain) is trying to say?

LETS THINK

- List the changes that occur for youth in each of the following dimensions of development:

Social	Emotional	Intellectual
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

- How many triangles are shown in **FIGURE 1.31** Triangle problem
- Compare your answers with other students.
- Do you think a child would be able to answer this problem? Why?
- Think of another example of a brain teaser/problem that children and youths might answer differently.

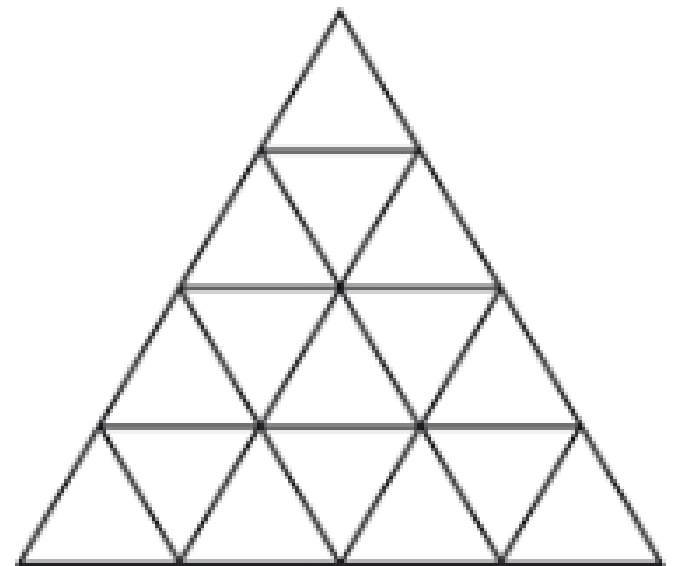


FIGURE 1.31 Triangle problem

DEALING WITH EMOTIONS



1. Describe the challenge/s
2. How are the issues dealt with within the song?
Is this realistic?
1. Describe how facing the challenge may effect self esteem and self-concept

TODAYS LESSON

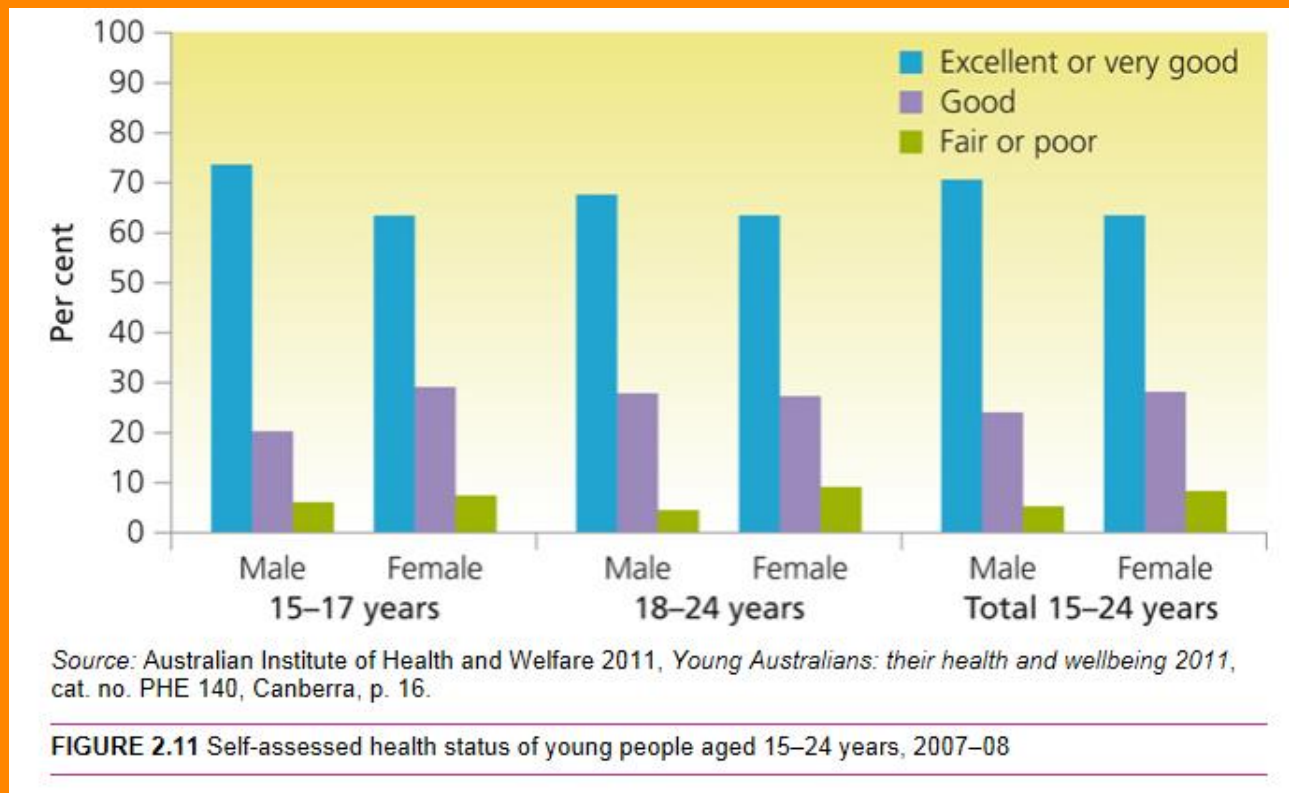
Title: The health status of Australian Youth

Success Criteria:

- I can identify the health risks of Australian youth

AUSTRALIAN YOUTH HEALTH

Statistically, 90% of youth rate their own health as good. Young men more often rate their health as excellent or very good.



ACTIVITY

While current health status may be good many youth make decisions and experience life events that affect their short-term and long-term health and wellbeing.

Copy and complete this table into your books:

Risk to health	Short term effects	Long term effect
1.		
2.		
3.		
4.		
5.		

HOMEWORK

Complete activity 3.2 pg. 58

Complete activity 3.3 on pg. 61

DATA CHARTS

For this activity.

You will be presented with a number of data charts that you will need to analyse and complete the Cross-classification Chart.

We will discuss analysis with the class

TODAYS LESSON

Title: Understanding the social, emotional and intellectual development that occurs during youth

Success Criteria:

- Summarise my learning

SUMMARY OF LEARNING

- Complete summary question pg. 65 of textbook